

Waad ka qaybgeli kartaa barnaamijka WIC
haddii dakhliga qoyska soo gala udhaxeeyo
heerarka ay dajisay WIC aadna:

- ◆ Uur leedahay
- ◆ Aad nuujinaysuo ilmo ka yar 1 sano
- ◆ Aad ilmo dhashay 6 bilood ee lasoo dhafay
- ◆ Ay kuu joogaan carruur kayar 5 sano jir
- ◆ Ilmaha uu daryeelo aabahood, waalidka waalidkood,
waalid korsaday, xaaska waalidkood ama masuul
ayaan u qalmi kara barnaamijka.



Xagee ayaan ka heli karaa xog dheeraad ah oo ku
saabsan Barnaamijka Cuntada ee Maine CDC WIC?

Booqo boggeena oo ah

www.maine.gov/WIC

ama wac 1-800-437-9300

TTY Maine relay 711



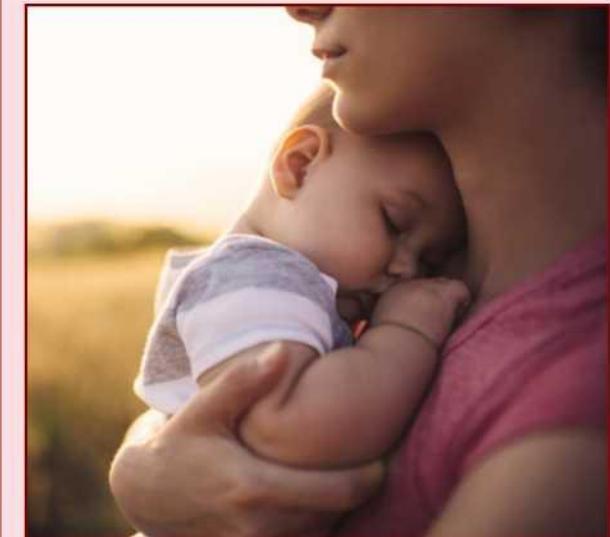
Waaxda Caafimaadka iyo Adeegyada Dadwaynaha ee Maraykanka (The Department of Health and Human Services) (“DHHS,”) cidna uma takoorayso sabab la xariirta naafo, isir, middab, nooc galmo, jinsi, dookh galmo, asal qaran, diin ama fikir siyaasadeed, farac, xaalad qoys ama guur, xogta hidhaa, urur, soo gudbin hore oo la xariirta sheegasho ama xuquuq, ama talaabo sir faafin ah, marka qofka laga qoray oo ama uu helaayo, ama shaqooyinka xeerarka waaxda, barnaamijyadeeda, adeegyada, ama shaqooyinkeeda, ama talaaboooyinka shaqaalaysiinta ama shaqada. Ogaysiiskaan waxaa lagu baxiyay amarka iyo ku dhaqanka Qodobka Title II ee Sharciga Ameeriakaana Naafada ah oo soo baxay 1990 (“ADA”); Qodobka Title VI ee Sharciga Xaqquqda Shacabka oo soo baxay 1964, sida lagu cadeeyay; Qaybta 504 ee Sharciga Baxnaaninta oo soo baxay 1973, sida ku cad; Sharciga Takoorka Da'da oo soo baxay 1975; Qodobka Title IX ee Isbadalada Waxbarashada oo soo baxay 1972; Qaybta 1557 ee Sharciga Daryeelka Qiimaha Jaban; Sharciga Xaqquqda Aadanaha ee Maine; Amarka Waaxda Fulinta oo la xariira Heshiiska Adeegyada ee Gobalka Maine; iyo dhammaan sharciyada iyo xeerarka kale ee mamnuucaaya takoorka noocaas ah. Su'aalaha, walaacyada, cabashoooyinka iyo codsiyada xog dheeraad ah oo ku saabsan ADA iyo shaqaalaysiinta aa farsamooyinka shaqada waxaa loo diri karaa Iskuduwayaasha DHHS ADA/EEO oo laga helaayo 11 State House Station, Augusta, Maine 04333-0011; 207-2874289 (V); 207-287-1871(V); ama Maine Relay 711 (TTY). Su'aalaha, walaacyada, cabashoooyinka iyo codsiyada xog dheeraad ah oo ku saabsan ADA iyo barnaamijyada, adeegyada, ama naashaadaadka waxaa loo diri karaa DHHS ADA/Iskuduwayaasha Xaqquqaha Aadanaha oo loogu diri karo 11 State House Station, Augusta, Maine 04333-0011; 207-287-3707 (V); Maine Relay 711 (TTY); ama ADA-CivilRights.DHHS@maine.gov. Cabashoooyinka xaaquuqda aadanaha aaya sidoo kale loo diri karaa U.S. Department of Health and Human Services, Xafiiska Xaqquqda Aadanaha, oo laga helaayo taleefanka 800-368-1019 ama 800-537-7697 (TDD); dhanka boostada 200 Independence Avenue, SW, Room 509, HHS Building, Washington, D.C. 20201; ama oonleenka <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Shaqsyaadka u baahan agabka kaalmada si ay xariir waxtar leh ula sameeyaan barnaamijka iyo adeegyada DHHS waxaa lagu casuumayaa inay baahiyahooda iyo dookhyadooda u gudbiyaan ADA/Iskuduwayaasha Xaqquqda Aadanaha. Ogaysiiskaan waxaa lagu heli karaa qaabab kale, marka la codsado.

Barnaamijka Cuntada ee Maine CDC WIC
1-800-437-9300 ama 207-287-3991

Hay'adani furmad siman ayay cid walka siisaa.

Qoysaska Maine aaya Caafimaad Ku

Kora markay ka tirsan yihiin WIC



Barnaamijka Cuntada ee Maine CDC
WIC Wuxuu baxshaa:

- Gunnooyin lagu iibsan karo cuntooyin caafimaad leh
- Xog caafimaadka iyo cuntada
- Tilmaamo ku aadan uur caafimaad leh
- Taageerada naas nuujinta



Waa maxay WIC?

WIC waa barnaamij nafaqo iyo caafimaad oo loogu talagalay qoysaska ilmaha korinaaya kaasoo u fidiya:

- ◆ Waxbarashada nafaqada
- ◆ Taageerada naas nuujinta
- ◆ Baaritaanka Caafimaadka
- ◆ Gunnooyin lagu iibsan karo cuntooyin caafimaad leh sida:

- | | |
|---|--|
| ◊ Caano, ukun, farmaajo,
iyo caano-fadhi | ◊ Tofu iyo caanaha sooyaha |
| ◊ Miro iyo khudaar | ◊ Kaluunka qasacadaysan |
| ◊ Subaga lawska | ◊ Roodhiga haruurka guud,
tortayaasha, boorash, |
| ◊ Cabitaanka Miraha | baasto iyo bariiska baroonka |
| ◊ Seeriyaalka | ◊ Cuntooyinka ilmaha |
| ◊ Digirta qalalan iyo tan
qasacadaysan | ◊ Caanaha ilmaha |



Waa maxay gunnooyinka ilmaha dhashay ka helayaan WIC?

Ilmaha hadda dhasha ayaa heli kara bambada naaska (haddii loo baahdo) ama caanaha ilmaha oo nafaqada leh.

Kadib 6 bilood markay dhashaan waxay sidoo kale heli karaan:

- Seeriyaal, miro iyo khudaarta ilmaha yaryar
- Hilibka ilmaha yaryar (ee ilmaha sida buuxa naaska u nuugaaya kaliya)

Haddii aad su'aalo qabto...

WIC ayaa jawaabo u haya.

- ◆ Cuntadee auaa cunayaan intaan uurka leeyahay?
- ◆ Waxaan rabaa inaan naas nuujiyo ilmo; sidee u bilaabaa?
- ◆ Ilmahayga laba jirka ah cuntooyin gaar ah ayuu rabaa! Maxaan samayn karaa?
- ◆ Sidee ayaan carruurtayda ugu heli karaa inay cunaan bito iyo khudaar dheeraad ah?
- ◆ Sidee ayaan uga caawin karaa ilmahayga inay lahaadaan miisaan caafimaadka leh?
- ◆ WIC ma leedahay bamka naasaha oo la caariyasto oon adeegsan karo?

Caanaha naaska hooyada ayaa ah cuntada ugu wanaagsan ee ilmahaaga.



Shaqaalaha WIC waxay ku booriyaan hooyoyinka cusub inay ilmaha naaska nuujiyaan.

Si aad u hesho xog dheeraad ah oo ku saabsan naas nuujinta booqo webseetkeena www.maine.gov/wic

Wakaaladaha Maxaliga ah ee WIC u jooga Maine

Aroostook County Action Program

Oo ka shaqeeya Degmada Aroostook
Presque Isle 1-800-432-7881 ama 768-3026

Bangor Public Health & Community Services

Oo ka shaqeeya degmooyinka Piscataquis iyo Penobscot
Bangor.....1-800-470-3769 ama 992-4570

MidCoast Maine Community Action

Serving Knox, Lincoln, Sagadahoc iyo Waldo Counties
Bath.....1-800-221-2221
Belfast.....338-1267
Rockland ..594-4329

Maine Family Planning

Oo ka shaqeeya degmooyinka Hancock iyo Washington
Ellsworth.....1-800-492-5550 ama 667-5304
Calais.....454-3634
Machias.....255-8280

Maine General Medical Center

Oo ka shaqaysa Degmooyinka Kennebec iyo Somerset
Augusta.....626-6350
Waterville ..861-3580
Skowhegan..861-3593 ama 1-888-942-6333

The Opportunity Alliance

Oo ka shaqeeya Degmada Cumberland
Portland.....1-800-698-4959 ama 553-5800
Windham....553-5800

Western Maine Community Action

Oo ka shaqeeya degmooyinka Franklin, Oxford iyo Androscoggin
East Wilton...1-800-645-9636 ama 645-3764
Auburn.....1-877-512-8856 ama 795-4016

York County Community Action Corp.

Oo ka shaqeeya degmada York
Sanford.....1-800-965-5762
Biddeford....1-800-644-4202